

Dr. Dorie's UNdiet™

6-Week Program to Undo the Damage of Diets and Achieve a Healthy Weight



Diets don't work! 95% of dieters regain weight, and 35% of dieters develop eating disorders. Are you ready for a diet-free solution? Dr. Dorie's UNdiet™ features the the five principles of Eating Disorder Intuitive Therapy (EDIT)™ which has been used for the treatment of obesity, chronic dieting and eating disorders for more than 20 years. Dr. Dorie's clients report a 95% success rate!

In this 6-week program, you'll learn how to:



Love Your Self – today, no matter what you weigh!

From this place of Self-Love, you'll naturally take better care of yourself – and a healthy weight can be a natural outcome. You'll discover that you are much more than your body, finding compassion for your “flaws,” and inspiration from your “hidden” assets. Let your true values lead you to your True Self!



Be True To Your Self – trust intuition, your answers are within!

Your intuition is that “gut feeling” or a “sixth sense,” which goes beyond your logical mind. You've probably listened to your intuition to guide relationship decisions, or career choices – but what about eating, exercise, and the achievement of a healthy weight? Discover how to use Intuitive Eating and Intuitive Exercise as your guides!



Express Your Self – balance mood instead of coping with food!

Feeling stressed or depressed? Eating can be a way to deal with intense emotions. However, “feeding” your feelings can actually make things worse – with additional feelings of frustration, guilt, or shame. Break the food-mood cycle by discovering new and more effective ways to regulate your emotions!



Give To Your Self – nurture by feeding your true hunger!

Think about all of the different ways you give to others – your friends who need assistance, your work with endless to-do lists, your family who depends on you. Are these activities fulfilling? Or, do you seek FULL-FILLment by consuming excess food? Discover your true needs, and how to meet them with regular practices of Self-Care!



Believe In Your Self – act as if you are free and so it shall be!

Imagine a day in the life of the person you will be when you are practicing the first four principles in your daily life. Notice how you feel from the “inside-out”– spiritually, emotionally, mentally, physically. In this fifth principle, you'll bring your visions of success into reality, one day at a time. Ongoing success is easy!

Program Developed by “Dr. Dorie” McCubbrey, MEd, PhD, LPC, CEDS

©2016 by Dorie McCubbrey, all rights reserved. Please enjoy the resources in this workbook for your own personal use. The printed and recorded material for this program is protected by copyright law, and may NOT be reproduced without permission.

Dr. Dorie

The “Don't Diet” Doctor

www.DrDorie.com/undiet

165 Cook Street • Suite 10 • Denver CO 80206

303-494-1975

Dr. Dorie's UNdiet™

FEATURING EATING DISORDER INTUITIVE THERAPY (EDIT)™

Introduction



ABOUT THE CREATOR OF THIS PROGRAM – “Dr. Dorie” McCubbrey

Dr. Dorie's UNdiet™ features the five principles of **Eating Disorder Intuitive Therapy (EDIT)™** – this program and the treatment method of **EDIT™** were developed by “Dr. Dorie” McCubbrey, MEd, PhD, LPC, CEDS, a specialist in the treatment of obesity and eating disorders for more than 20 years. **Dr. Dorie's UNdiet™** and **EDIT™** concepts were originally created in 1995, based on what she learned during her own journey overcoming Obesity and Eating Disorders.

Dr. Dorie holds a Master's Degree in Counseling from the University of Akron, and a Doctorate in Biomedical Engineering from the University of Michigan. This unique combination of credentials allows her to address the complex psychological issues which underlie eating disorders, as well as physical issues including nutrition, intuitive eating, fitness and body image. She is a Licensed Professional Counselor and a Certified Eating Disorder Specialist (CEDS) – a credential awarded by the International Association of Eating Disorder Professionals (iaedp).

Dr. Dorie is the best-selling author of **Dr. Dorie's Don't Diet Book** (Positive Pathways Press, 1998), **How Much Does Your Soul Weigh** (HarperCollins, 2003), plus numerous workbooks, CDs and videos about eating disorders and weight issues. Her expert commentary has been featured in magazines including *Glamour*, *Shape* and *Natural Health*. She has also been interviewed on national television shows including the FOX News Channel. She is currently finishing work on her third book, based on the **EDIT™** treatment approach.

Dr. Dorie's treatment center, **Positive Pathways**, is located in Denver, Colorado. At this location, she trains and supervises **EDIT™ Certified Counselors** and **EDIT™ Certified Healthy Weight Loss Coaches**, and also provides treatment for clients overcoming Obesity and Eating Disorders – learn more: www.PositivePathways.com

Dr. Dorie and her team of **EDIT™ Certified** practitioners provide coaching by telephone, no matter where you live! Healthy Weight Loss Coaching for obesity, and Recovery Coaching for eating disorders is available. Coaching can be an excellent addition to **Dr. Dorie's UNdiet™** Program – learn more: www.DrDorie.com

Dr. Dorie is a nationally known retreat leader and keynote speaker, and a former board member of the National Speakers Association (NSA). She currently provides training and certification in the **EDIT™** approach, providing participants with techniques to guide clients as **EDIT™ Certified Counselors**, **EDIT™ Certified Recovery Coaches**, and **EDIT™ Certified Healthy Weight Loss Coaches** – learn more: www.EDITcertified.com

GUIDELINES FOR USE OF THIS PROGRAM:

Dr. Dorie's UNdiet™ Program includes this pdf workbook, along with six mp3 recordings (please note that the mp3 recordings refer to the title of this program as, **Don't Diet, EDIT™** – which was the previous name for this program). It is recommended that you print the workbook so you can complete the daily and weekly entries. There are six weekly topics – listen to one recording each week as you review the topic in the workbook. Then, complete the daily workbook entries.

By following **Dr. Dorie's UNdiet™** Program, you are accepting responsibility to evaluate and to use at your own risk and discretion the advice given herein. Dr. Dorie McCubbrey is released from any liability which may arise from utilization of **Dr. Dorie's UNdiet™** Program. This program is not a substitute for medical or mental health treatment, and you are advised to seek such treatment as needed.

Coaching by telephone is available as you are completing this program, or and/or as a follow-up to this program. Dr. Dorie and/or **EDIT™ Certified Healthy Weight Loss Coaches** are available to assist you!

NOTE THAT THESE WORKSHEETS ARE PROTECTED BY INTERNATIONAL COPYRIGHT LAW. PURCHASE OF THIS PROGRAM ALLOWS A SINGLE USER TO PRINT AND UTILIZE THESE WORKSHEETS, INTENDED FOR THEIR OWN PERSONAL USE. IT IS AN INFRINGEMENT OF THESE COPYRIGHT TERMS TO SHARE THIS ENTIRE PDF FILE WITH ANOTHER PARTY.

To purchase additional **Dr. Dorie's UNdiet™** Programs or Coaching, please visit: www.DrDorie.com/undiet

To purchase additional **EDIT™** Worksheets, please visit: www.EDITcertified.com/edit-resources

Dr. Dorie's UNdiet™

*A 6-Week Program to Undo the Damage of Diets
and Achieve a Healthy Weight*

6-Week Program Overview

Week 1: Weigh In... Set Goals... Start UNdiet!

Week 2: EDIT™ Principle #1 – Love Your Self

Week 3: EDIT™ Principle #2 – Be True To Your Self

Week 4: EDIT™ Principle #3 – Express Your Self

Week 5: EDIT™ Principle #4 – Give To Your Self

Week 6: EDIT™ Principle #5 – Believe In Your Self

Let's get started by taking two assessments – this will give you a sense of your current thoughts and behaviors as you begin this program, shedding light on unhelpful habits which are likely the result of previous diets or other attempts to lose weight. **THIS WILL TAKE ABOUT 10 MINUTES TO COMPLETE.**

It's estimated that about one-third of dieters have some type of eating disorder – and while these assessments are not designed to give you an eating disorder diagnosis, they can help identify certain patterns which may reflect disordered eating. *If you are concerned that you may have an eating disorder (such as Binge Eating Disorder, Bulimia or Anorexia), please consult a qualified mental health provider for an assessment, diagnosis, and treatment plan.*

After you complete the assessments, let's get started with Week One! Listen to the first audio file as you complete the workbook (each audio file is in a mp3 format, which can be played using iTunes or equivalent). As previously mentioned, the recordings refer to the title of this program as *Don't Diet, EDIT™* (which was the previous name of this program). **THIS WILL TAKE ABOUT 20 MINUTES TO COMPLETE.**

TOTAL TIME TO GET STARTED TODAY: 30 MINUTES

EDIT™ Assessment

Part I:

Self-Rating of Current Eating Disorder Behaviors



Answer YES or NO to the following questions based on your habits and attitudes TODAY.
Make notes about any of the questions that affected you in the PAST.

- | | | |
|--|-----|----|
| 1. I use diet pills, metabolism-boosting pills, or other weight-loss aids. | YES | NO |
| 2. I have been on and off more diets than I can count. | YES | NO |
| 3. I am very aware of my intake of fat, carbohydrate and/or calories. | YES | NO |
| 4. I have recently lost and/or gained more than 30 pounds. | YES | NO |
| 5. My mood improves when I feel in control of my weight/eating. | YES | NO |
| 6. I feel guilty if I eat too much or if I eat foods I think I shouldn't. | YES | NO |
| 7. There are certain foods I try to never eat (i.e., fried foods, desserts). | YES | NO |
| 8. I hide food or lie to others about how much I actually eat. | YES | NO |
| 9. I sometimes feel unable to stop eating once I start. | YES | NO |
| 10. There are things I hate about the shape and/or size of my body. | YES | NO |
| 11. I use food as a comfort or an escape from my problems. | YES | NO |
| 12. I often skip meals and sometimes go an entire day without eating. | YES | NO |
| 13. My eating and/or exercise patterns are making me somewhat isolated. | YES | NO |
| 14. I have a difficult time identifying or handling my feelings. | YES | NO |
| 15. I spend a great deal of time planning meals and thinking about food. | YES | NO |
| 16. I avoid social situations because I'm ashamed of my eating / weight. | YES | NO |
| 17. I worry about gaining weight or becoming fat. | YES | NO |
| 18. I just don't feel right unless I exercise every day. | YES | NO |
| 19. I sometimes vomit after meals or use laxatives to control my weight. | YES | NO |
| 20. Once I reach my goal weight, then I'll feel good about myself. | YES | NO |

For interpretation of this assessment, including an eating disorder diagnosis, consult an EDIT™ Certified practitioner.

EDIT™ Assessment

Part II:

Self-Rating of Eating Disorder Recovery Practices



Using the scale below, use an X to rate where you are generally, NOW:
-10=VERY NEGATIVE / LOW, 0=NEUTRAL, +10=VERY POSITIVE / HIGH

- Body Image (overall perceptions about how I look):
-10 ----- 0 ----- +10
- Self-Esteem (sense of identity and satisfaction with who I am):
-10 ----- 0 ----- +10
- Self-Direction (ability to be “inner-guided” versus “people-pleasing”):
-10 ----- 0 ----- +10
- Intuitive Eating Abilities (use of intuition versus “food rules” to guide meal choices):
-10 ----- 0 ----- +10
- Intuitive Exercise Abilities (use of intuition versus “fitness rules” to guide workout choices):
-10 ----- 0 ----- +10
- Emotional Awareness (ability to identify thoughts/feelings/needs):
-10 ----- 0 ----- +10
- Coping Skills (knowledge and use of non-eating-disordered coping strategies):
-10 ----- 0 ----- +10
- Healing of Core Issues (general attitudes about life experiences, including any past traumas):
-10 ----- 0 ----- +10
- Physical Self-Care (nurturing of the body, attendance to medical needs):
-10 ----- 0 ----- +10
- Intellectual Self-Care (nurturing of the mind, education and career satisfaction):
-10 ----- 0 ----- +10
- Emotional Self-Care (nurturing of the heart, social connections and support networks):
-10 ----- 0 ----- +10
- Spiritual Self-Care (nurturing of the soul, Higher Power connection, sense of meaning):
-10 ----- 0 ----- +10
- Future Perspective (general attitudes about what the future holds for me):
-10 ----- 0 ----- +10
- Relapse Prevention (awareness and use of strategies for complete recovery):
-10 ----- 0 ----- +10

For interpretation of this assessment, including a recovery treatment plan, consult an EDIT™ Certified practitioner.

Dr. Dorie's UNdiet™

WEEK ONE

~ Listen to the first mp3 recording "*DDedit1.mp3*" as you complete this page ~

I. Meet Dr. Dorie – The “Don’t Diet” Doctor

Dorie McCubbrey, MEd, PhD, LPC, CEDS

- 20+ years of clinical experience in the treatment of eating disorders and obesity
- author of *Dr. Dorie's Don't Diet Book* (1998), *How Much Does Your Soul Weigh* (2003)
- print/radio/TV expert commentary – motivational speaker, workshop & retreat leader
- personal journey of recovery from anorexia, bulimia, binge eating disorder, obesity

II. Why Dr. Dorie says... “Don’t Diet!”

- Dieting causes rebound weight gain
- Dieting causes “food rules” – and eating disorders
- Dieting causes disconnection from intuitive wisdom

Dr. Dorie's UNdiet™

WEEK ONE

~ Listen to the first mp3 recording "DDedit1.mp3" as you complete this page ~

III. Let's Get Started with **Dr. Dorie's UNdiet™** 6-Week Program!

A. WEIGH IN... *no, not on a scale!*

- "weigh" the effects your previous weight loss attempts have had on your...

body:

mind:

emotions:

relationships:

finances:

other:

B. SET GOALS... *no, not weight loss goals!*

- you might think you want "weight loss," but what you REALLY want is...

#1 –

#2 –

#3 –

C. START DIET... *no, not a weight loss diet!*

- let's UNdiet – to undo the damage of dieting... **Dr. Dorie's UNdiet™**

Principle #1 – Love Your Self

Principle #2 – Be True To Your Self

Principle #3 – Express Your Self

Principle #4 – Give To Your Self

Principle #5 – Believe In Your Self

Dr. Dorie's UNdiet™

WEEK ONE

~ Review of your daily and weekly workbook assignments ~

I. UNdiet Food Journal

Complete one page each day!

- the idea here is to OBSERVE your eating patterns without TRACKING or JUDGING
- use this hand-written system (NOT calorie-counting apps like *MyFitnessPal*, etc.)
- do NOT weigh or measure amounts of food consumed, just note general information (for example, “*Turkey Sandwich on gluten-free bread, apple, handful of pretzels*”)
- record any observations or ideas in the NOTES section, but try NOT to judge yourself (for example, “*Maybe I’ll try regular bread next time,*” NOT “*I shouldn’t have eaten pretzels!*”)
- if you went for a walk, or did some type of exercise/movement, record in the ACTIVITY section

II. EDIT™ Worksheets

Complete any of these worksheets that seem interesting to you!

- these worksheets feature the first EDIT™ Principle, “Love Your Self”
- you are much more than your body – discover your “True Self”
- discover a more compassionate way of thinking and “talking to yourself”
- clarify your values, and things that give your life meaning (besides weight loss)!

III. Summary Questions

Complete at the conclusion of this week!

- helps you to summarize your overall experience
- if you are working with an **EDIT™ Certified Coach**, this page is ideal to discuss!